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CARDS*fit*

National Safety Month

					1 	2 Toss a Frisbee with some friends!
3 Family Time: Discuss what to do in case of an emergency. Prepare an emergency kit that includes water, flashlights, a radio and other non-perishable food items.	4 Fact: Fat insulates our bodies from the cold!	5	6 Track at NCAA Outdoor Championships Sacramento, Calif. TBA	7 Track at NCAA Outdoor Championships Sacramento, Calif. TBA	8 Track at NCAA Outdoor Championships Sacramento, Calif. TBA Best Friend Day	9 Track at NCAA Outdoor Championships Sacramento, Calif. TBA
10 Happy Father's Day			National Men's Health Week			16 Family Time: Make first aid kits for your car or places around the house. Discuss enrolling in a first aid and safety class with your family.
17 Practice safety. Make sure you wear your pads while skating or biking!			20 Fact: Fat provides some cushioning for our organs.	21 Track at USA Outdoor Championships Indianapolis, Ind.	22 Track at USA Outdoor Championships Indianapolis, Ind.	23 Track at USA Outdoor Championships Indianapolis, Ind.
24 Track at USA Outdoor Championships Indianapolis, Ind.			Fireworks Safety Month			30

Nutrition Tip

Fat is the body's major form of energy storage and our bodies can make fat. Many fats that people eat are really a combination of two different types of substances: Saturated fatty acids which come from meat, milk, cheese and some oils. Unsaturated fatty acids come from plants and fish. These substances make up the fat content in food.

Cookies-&-Cream Milk Shake:

1 pint vanilla or chocolate nonfat or low fat frozen yogurt or ice milk.

1/4 cup skim milk

2 chocolate sandwich cookies

In a blender container, combine frozen yogurt or ice milk and skim milk.

Cover and blend until smooth. Add cookies, cover and blend until cookies are coarsely chopped. Serve immediately (serves four 1/2 cup servings)

Safety Tips:

- *Never light a match or any thing involving fire without an adult present.
- *If you or your clothes were to catch on fire remember to stop, drop, and roll.
- * Never run with candy or food in your mouth or while holding sharp objects.